INTERNET SEARCH QUESTIONS

1) SEARCH THE FAT CONTENT OF THE FOLLOWING FAST FOOD ITEMS.

a) Big Mac – McDonalds

b) Whopper - Hungry Jacks

c) Large Meat Lover's Pizza - Domino's Pizza

2) KNOWING THE RDI (Recommended Dietary Intake) FOR FAT FOR PEOPLE IN YOUR AGE GROUP is between 25 and 35g, WHAT EFFECT DOES EATING THESE FOODS ON A REGULAR BASIS HAVE ON YOUR BODY?

3) CAN YOU SUGGEST A HEALTHIER OPTION TO EATING THESE FOODS?